

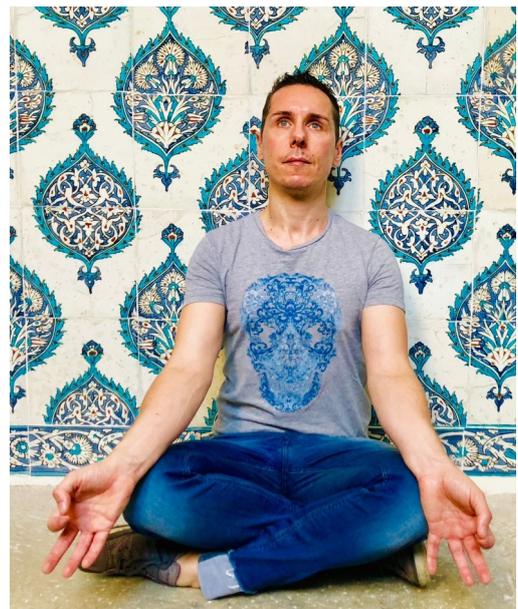
# Yoga @ finca la maroma



## ***Focusing on Asanas : with Andrea***

***Sun 11 – Fri 16 May 2025***

*We are constantly distracted by modern factors that divert our attention from what is important, namely us. We no longer have time in our busy lives to sit down and listen to our bodies, our energy and the way we breath. Andrea likes using yoga to distract the mind with asanas and breath, which when combined, forces the mind to go quiet, even if for a short while. In these 5 days he would like all of us to join our energy together, step back from our busy schedules and concentrate on what is most important, ourselves and who we have around us.*



## ***CONNECT : a Yoga Holiday with Stefan***

***Sun 18 – Fri 23 May 2025***

*Join Stefan for a week of connection: to your body, to your breath, and to your fellow yogis to rediscover your inner calm. Start your mornings gently with Tai Chi inspired movement and guided meditation. Work up an appetite for lunch with breath-led yoga flow (with options for every body). Conclude the day with a gentler yoga flow featuring partner work. You will leave the Finca feeling refreshed, recharged and reconnected.*

Each **Men's Naked Yoga Retreat** at Finca la Maroma includes:

- 5 nights accommodation (shared double studio / single option available\*)
- Full and varied programme of daily yoga; meditation, pranayama, asana
- Inclusive teaching appropriate to all levels of fitness and experience
- Plenty of free time to enjoy the space, tranquillity and freedom offered by Finca la Maroma's beautiful secluded location (see [www.fincalamaroma.com](http://www.fincalamaroma.com))
- Delicious home cooked vegetarian meals (including wine with dinner)
- Use of heated pool, jacuzzi, gym, all in a clothing-optional environment
- Optional shared Airport Transfers can be arranged
- Optional chillout weekends (20% discount, or **free** if you book two retreat weeks)

### Booking:

€795 per person

\*Private Studios (double for single occupancy, on a limited basis) for a €200 supplement

25% deposit to reserve a place. Balance due one month before the event begins.

**Special Offer** : Stay on or arrive early and relax over the **"Chillout Weekends"** of 9-11, 16-18 or 23-25 May and enjoy a 20% discount (i.e. room only for €100 per night). If you book two retreat weeks, the weekend in between is free of charge!

### Travel:

Arrival on Sunday - please book a flight to Malaga which lands by about 16:00 to ensure you're here in time for the welcome drinks and dinner.

Most guests hire a car to reach the Finca (see our advice here:

<https://fincalamaroma.com/faq/>).

Direct airport transfers are also available at €60 each way for up to 3 passengers.

Departure on Friday after lunch.

Contact Tom or Mark to reserve your place:

email: [fincalamaroma@gmail.com](mailto:fincalamaroma@gmail.com)

telephone: +34 951 90 48 21

